

2010-2011 FLU INFORMATION

Get your influenza vaccine at the following locations on a walk-in basis:

Naval Medical Center Portsmouth, Immunization Clinic	8 a.m. - 2 p.m., Mon, Tues, Wed. 8 a.m. - 4:30 p.m., Thurs. 8 - 11 a.m., Fri.
Boone Branch Health Clinic, JEB Little Creek-Fort Story	7:30 a.m. - 2 p.m., Mon., Tues. & Thurs. 8:30 - 11 a.m., Wed. 7:30 - 11 a.m., Fri.
Oceana Branch Health Clinic	8 a.m. - 2 p.m., Mon. - Thurs. 8 - 10 a.m., Fri.
Sewells Point Branch Health Clinic, Norfolk Naval Station	8 - 11 a.m. & noon - 2 p.m., Mon. - Thurs. 8 - 11 a.m., Fri.
Northwest Clinic	7 - 11 a.m. & 1 - 2:30 p.m., Mon. - Fri.
Yorktown Branch Health Clinic	8 a.m. - 2:30 p.m., Mon. - Thurs. (closed 11 a.m. - noon) 8 a.m. - noon, Fri.
Dam Neck Clinic	7 -11:30 a.m. & 1 -3 p.m., Mon. - Fri. (Active Duty only)

SATURDAY Walk-in FLU clinics

October 23, 5-7pm
Sewells Point Clinic, Norfolk Naval Station

November 13, noon-4pm
Yorktown Branch Health Clinic

October 30, 5-7pm
NMCP Immunization Clinic
Trick or Treat Vaccination

November 6, 10am-2pm
♦Retiree Seminar, Rockwell Gym
JEB Little Creek-Fort Story
♦Oceana Branch Medical Clinic

Or you can make an appointment at the following clinics by calling

1-866-MIL-HLTH (1-866-645-4584)

TRICARE Prime Virginia Beach & TRICARE Prime Chesapeake
Nurse Clinic flu appointments are available 7 a.m. - 6:30 p.m.

Remember, these are appointments, not walk-in!

Vaccination with the nasal spray flu vaccine (Flumist) is recommended for healthy individuals age 2 to 49 years who are not pregnant. The nasal-spray flu vaccine is made with live, weakened flu viruses. NMCP is excited to offer Flumist again to beneficiaries. Flumist has been shown to be 20 to 30 percent more effective than the shot for preventing the flu in children.

The traditional flu shot injection (in the arm) is approved for children age 6 months to 2 years, adults 50 years and older, pregnant women, and patients with chronic medical conditions. The flu shot is an inactivated vaccine made with killed virus.